AN ANIMATED CHAT WITH ZOE SALDANA

WILL SHE BECOME A FULL-TIME SINGER AFTER "BOOK OF LIFE"? PAGE 10

metro®

BOSTON Monday, October 20, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

Community. Even as some mourn the loss of loved ones back home, hundreds from Boston's Liberian community have encountered tension and fear since Thomas Eric Duncan carried Ebola to Dallas. Still, they pray together and raise funds with the hope of eradicating the virus in West Africa. PAGE 02

Hub's Liberians face Ebola backlash

A parishioner, center, reacts after hearing the news that the brother of the Rev. Jesse Gibson, left, of the Throne of Grace Church in Dorchester died of Ebola over the weekend in Liberia. / NICOLAUS CZARNECKI, METRO

Arts. Joseph Marcell makes a smooth transition from a butler to a Shakespearean king

PAGE 11

Gossip. Bono had a reason for a fashion choice we made fun of him for (no, not his mullet)

PAGE 09

NHL. Bruins check in at No. 16 in our power rankings coming off big road win in Buffalo

PAGE 16

1

NEWS

Today's tweet

"No shortage of salmon colored pants today in the Bridge #headofthecharles"

To the rowers, @pvasco75, it's Nantucket red.

Top 3

What's trending online at Metro.us

1 'David Letterman's cue card holder fired after altercation with staff writer'

2 'VIDEO: Watch Jason Momoa's 'Game of Thrones' audition'

3 'VIDEO: Jimbo Fisher pleads with Jameis Winston to be "humble"'

Hub's Liberian community united through Ebola flare

Dorchester. Local Liberians turn to prayer and fundraising to help support their community.

Parishioner Rose Greene of Dorchester prays for her family members back in Liberia during a service at Throne of Grace Church in Dorchester on Sunday. / NICOLAUS CZARNECKI, METRO

The most devastating Ebola outbreak to date has wreaked havoc on the lives of thousands of West Africans. But for Liberians living in Boston, the struggle hits close to home.

Rev. Jesse Gibson, who heads up Throne of Grace Church in Dorchester, is one of those people. Gibson got word on Saturday that his brother, Amos Gibson, succumbed to the disease after a monthlong battle at the ELWA Hospital in Monrovia. He contracted the virus while helping an infected woman who later died.

"We [were] told to keep praying for him," said Gibson. "His condition [was] critical. It's really hard."

Gibson said he doesn't know of any other locals who have infected friends or relatives. But the fear is palpable.

"Everyone is afraid, everyone is praying for their family. When someone [in Liberia] has a cold, a headache or diarrhea, you fear for them 24/7. It's even come to the point where you're afraid to answer the phone when a loved one calls from Liberia," said Gibson.

Gibson is a part of the Liberian Community of Metropolitan Boston, which serves about 200 of the estimated 500 Liberians living in the Boston area.

Although Community spokeswoman Jassie-Fredcia Senwah's family in Liberia has managed to dodge the deadly virus, she is concerned for those who still live there.

"They're keeping themselves safe. My mother is a medical doctor. She's making sure they have buckets of chlorine and water. They are keeping sanitary and staying inside, and trying to stay out of the hot areas," said Senwah.

The local Liberian community has dealt with backlash since the West African outbreak gained momentum, according to Senwah, especially after Liberian Thomas Eric Duncan carried the virus to Dallas.

"It was one of the first things we heard when Duncan came. People would say, 'Oh, a Liberian person came here and they have Ebola,'" she said, adding that there is even tension within the community, as some members travel to Liberia.

"Some people joke and say, 'Oh, you didn't just come from [Liberia] did you?' But they wait to reach out to hug you. You know some are serious about it," said Senwah, 27, who admits she is not exempt from concern. "When people have recently returned from Liberia, I want to let them know that they are welcome, but when shaking their hands I do get kind of nervous."

Senwah and Gibson both feel that there should be better Ebola screenings at airports in West Africa.

Gibson, a former refugee, is adamant that grounding flights is not the answer.

"Being Christianly, we need to be good Samaritans. We can't just forget them. We can't just leave them to die."

MORGAN ROUSSEAU
@MetroMorgan
morgan.rousseau@metro.us

Visit **Metro.us** to read the full interviews with Gibson and Senwah.

Back home

The total number of Ebola cases in West Africa during this outbreak has topped 8,000, according to the CDC.

- Over 4,000 deaths have been reported.
- Hard-hit countries include Sierra Leone, where a one-day death toll from Ebola cases reached 121, and Liberia, where more than half of all 2014 Ebola deaths have been recorded.
- There are also cases in Guinea, Nigeria and Senegal.

SOURCE: HELIOMD

Boston. Two dead in Jamaicaway collision

Two people were killed early Sunday in a collision on the Jamaicaway.

Police responded to the scene near Perkins Street around 3 a.m. They believe a BMW driven by a 26-year-old Lynn woman crossed the yellow line and struck a Toyota which was driven by a 36-year-old from Roslindale.

Two women in the BMW, a 33-year-old from Lynn and a 44-year-old from Everett, were not wearing seat belts and died in the crash. The drivers are expected to survive.

Police are investigating whether alcohol or speed factored into the crash. METRO

Chelsea

Two dead in separate shootings

Police have released surveillance photos of two people they believe are connected to one of two fatal shootings in Chelsea this weekend.

A 35-year-old woman was killed inside a Shawmut Street home from what appears to be a stray bullet. The Suffolk District Attorney's Office has said the woman was not the intended target of the shooting.

Two groups, according to the DA, were arguing outside when someone drew a gun and fired. Authorities say the victim was "unconnected to the violence that took her life."

Another fatal shooting took the life of a 36-year-old man at the French Club, 242 Spencer Avenue, around 1:20 a.m. Saturday. Authorities believe an argument spiraled out of control inside the club and eventually ended in gunfire. METRO

The suspects / MASS. STATE POLICE

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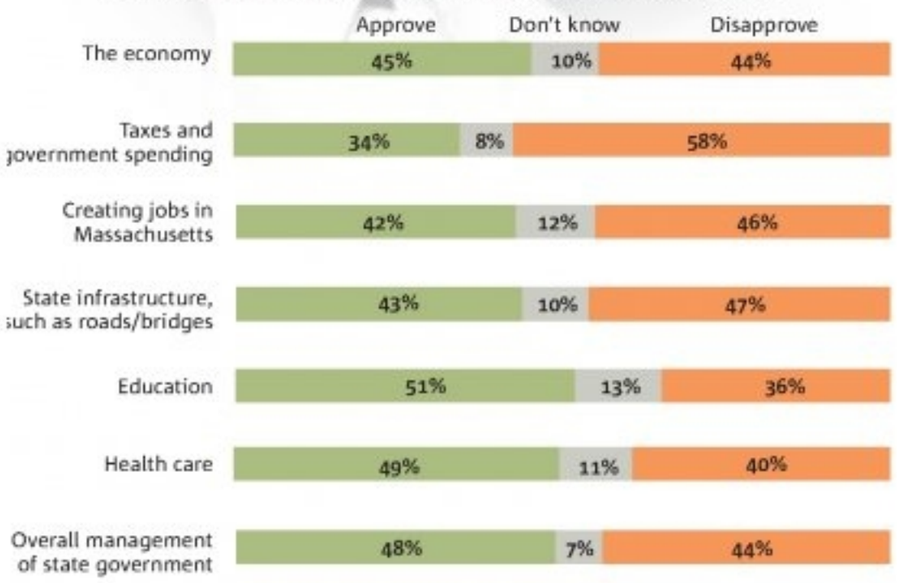
Deval Patrick's legacy

A Globe poll shows that voters still like the governor, even if they don't approve of everything he's done.

Do you approve or disapprove of the way Deval Patrick has handled the following issues ...



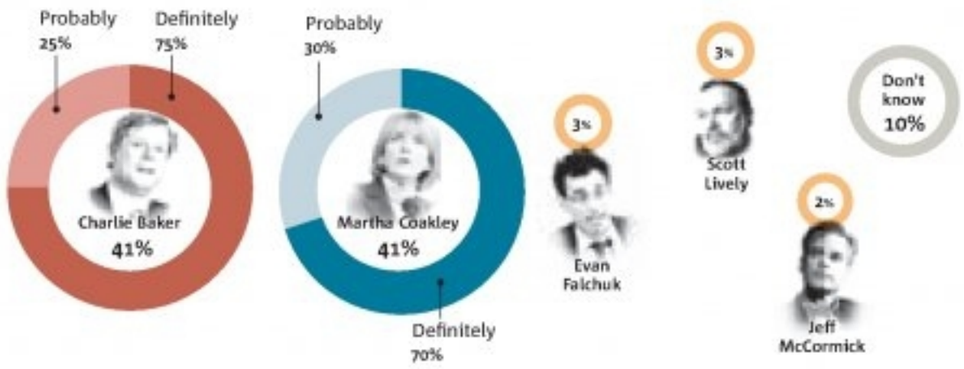
Do you approve or disapprove of Deval Patrick's job as governor?

How would you vote if Deval Patrick were on the ballot this November?

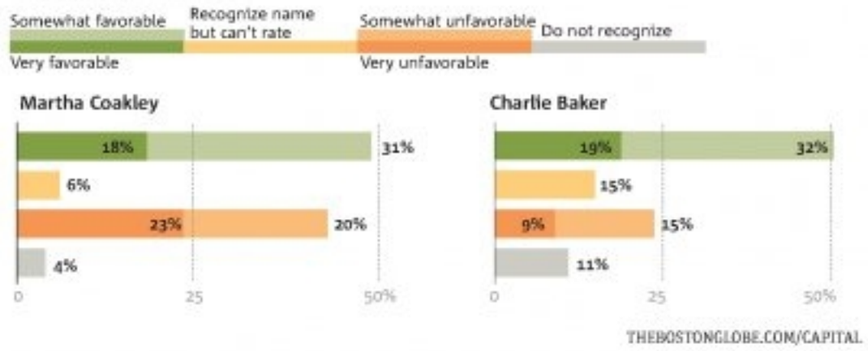
How does quality of life today compare to when Deval Patrick was elected?

How does Deval Patrick compare to other Massachusetts governors in your lifetime?

If the November election for governor were held today, for whom would you vote?



FAVORABILITY RATINGS



Boston. Alleged North End assailant located, expected in court today

A 36-year-old Fall River man is due in court today in connection to an indecent assault in the North End on Saturday.

Police had been searching for a man who had allegedly assaulted a female while she was walking home just before 3 a.m. Saturday near the intersection of Wiggin and Tileston streets, parallel to the Freedom Trail.

The victim described the alleged assailant to be an Hispanic male in his early 30s, between 5-foot-7 and 5-foot-9 with a stocky build and black spiked hair. The assailant was alleged to have been wearing a white zip-up jacket, blue jeans and camouflage boots, speaking with a Hispanic accent.

Police searched the North End before dawn on Saturday but were unable to locate the suspect until 10 that night, when officers from Boston's fugitive unit arrested Nieto Wagner.

The assault

The victim told police she was walking home around 2:45 a.m. when a man approached her from behind.

- After a brief conversation, she says the man grabbed her "in an indecent manner."
- The man then ran off, Boston Police said, and could not be located, which prompted them to issue a community alert.

Wagner is expected to be arraigned on charges relating to the assault in Boston Municipal Court today.

Anyone with information relative to the above incidents is asked to call detectives assigned to the Sexual Assault Unit at 617-343-4400.

DANNY MCDONALD

Paint-by-Goya project revealed in Copley

A paint-by-numbers mural of a famous Francisco Goya piece was unveiled in Copley on Sunday. The 8-by-12-foot replica of the Spaniard's "The Parasol" is on display between Trinity Church and the Boston Public Library. Local residents have been invited to contribute to the piece by following a numerical color key and adding the corresponding color to the canvas to help complete the mural. The project is sponsored by Santander Bank, which is also the chief sponsor of the "Goya: Order & Disorder" exhibition at the Museum of Fine Arts.

NICOLAUS CZARNECKI, METRO

Pro vs. con

Casino debate rolls on

With a ballot question proposing to repeal the casino law in the state just weeks away, casino proponents and opponents continue to fiercely debate the issue.

During a brief debate Sunday on WCVB, Steve Tolman, the president of Massachusetts AFL-CIO, said casinos would bring more jobs to Massachusetts and stem the tide of gambling dollars — $1 billion annually, he claims — that are currently spent elsewhere.

Casino gambling was signed into law in 2011. The law allows for three resort casinos and one slots parlor in the state.

John Ribeiro, chairman of the Repeal the Casino Deal, said casinos are failing all around the country. Crime, said Ribeiro, would increase in and around host communities, while quality of life would decrease.

"Casinos have not saved a single community," he said.

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New Hampshire

Dozens hurt in riots near pumpkin festival

More than two dozen people were treated at a New Hampshire hospital for injuries resulting from rioting that erupted near the site of an annual pumpkin festival in Keene, New Hampshire, a hospital official said Sunday.

Hundreds of mostly young people descended on neighborhoods around the pumpkin festival on Saturday, setting bonfires, throwing bottles and flipping some vehicles as police in riot gear tried to keep control, according to local news coverage.

All told, 26 people arrived at Cheshire Medical Center/ Dartmouth-Hitchcock Keene with lacerations or other injuries, a hospital spokeswoman said on Sunday.

Keene City Manager John MacLean said the disruptions happened about two blocks from the pumpkin fest, adjacent to Keene State College and ended before 1 a.m. Sunday. REUTERS

Today's winner

To enter your submission for the Metro Photo Challenge to win a $5,000 cash prize, go to **www.metrophotochallenge.com.**

PHOTO CHALLENGE

'Looking toward Center City in Philadelphia'

Jay Frye, Philadelphia; Category: My City's Magic

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Cuddly virus

Ebola plush toys fly off the shelf for Conn. company

It may be the only time you will find these words in the same sentence: "Ebola" and "Add to Wishlist."

Giantmicrobes Inc., which makes a line of plush toys based on viruses and other microscopic organisms, has sold out its entire Ebola stock, including the small Ebola doll for $9.95, a Gigantic Ebola doll for $29.95 and an Ebola Petri Dish toy for $14.95, according to the company's website.

"Since its discovery in 1976, Ebola has become the T. Rex of microbes," says the Stamford, Connecticut-based maker of the "uniquely contagious toy" on its website, which promotes them as gag gifts that also have educational value.

REUTERS

Ebola watch lists in US to shrink, cruise ship passenger is cleared

Concerns. The precautions taken for those potentially exposed to Ebola reflects deep anxiety about the virus.

Some of the dozens of people who are being watched for possible exposure to Ebola in the United States were expected to be cleared on Sunday and today, potentially easing concerns about the spread of the disease after two nurses were infected.

A Dallas lab worker who spent much of a Caribbean vacation cruise in isolation tested negative for the deadly virus and left the Carnival Magic liner with other passengers after it docked at Galveston, Texas, early on Sunday morning.

Liberian President Ellen Johnson Sirleaf urged on Sunday stronger international action to bring the epidemic under control, saying the disease was unleashing an economic catastrophe that will leave a "lost generation" of young West Africans.

Emergency help

Pentagon to create medical support team for U.S. Ebola response

U.S. Defense Secretary Chuck Hagel has ordered the creation of a 30-member expeditionary medical support team to be able to provide emergency help in the event of an Ebola crisis in the United States, a Pentagon spokesman said on Sunday.

The team of five doctors, 20 nurses and five trainers could respond on short notice to help civilian medical professionals, a statement from Rear Admiral John Kirby said.

Three cases of Ebola have been diagnosed in the United States, prompting widespread concern about the potential spread of the virus.

REUTERS

Health officials

48

Some 48 people who might have been in contact with Duncan will no longer require monitoring.

A first responder sprays a disinfecting solution on the railing at the Dallas Area Rapid Transit's White Rock Station after a woman with Ebola-like symptoms fell ill at the station. / GETTY IMAGES

Belgium announced on Sunday it would screen people arriving at its largest airport from West Africa for signs of fever.

In the United States, the first person to be diagnosed with the disease was Thomas Eric Duncan, a Liberian who fell ill while visiting Dallas last month. He died on Oct. 8, and two nurses who treated him were infected. This triggered a lengthy watch list of people who had possible contact with them.

REUTERS

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CRC1008506 CS8037664 BC016 10/14

THE WORD

Ned Ehrbar takes on the world of gossip.

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You won't be attending Charlie Sheen's wedding anytime soon

Folks who were looking forward to the tasteful and elegant nuptials of Charlie Sheen and former adult film star Brett Rossi, I've got some bad news for you: The wedding is off. Capping a solid month of return-to-form erratic behavior, FX's "Anger Management" star has called it quits with his fiancee, according to Radar Online. "The relationship actually ended a few weeks ago. Charlie finally broke up with her and kicked her out of the house. All of the fighting had just gotten out of control, and Brett was making him miserable," a source who's clearly on Team Sheen says. "Charlie just wanted to hang out with his friends, but Brett always pitched a fit when he did." Well, considering what Sheen considers "hanging out with his friends" — be they real or imaginary and made of candy fire — I can't really blame her.

At least Sheen is being civil about it, releasing a restrained and respectful statement: "Scotty and I had a great year together as we traveled the world and crossed a lot of things off our bucket list. She's a terrific gal, but we've mutually decided to go our separate ways and to not spend the rest of our lives together."

Wait, who the heck is Scotty? Did he not know her name the whole time? No, wait — apparently US Weekly reported in early 2014 that Rossi was going to legally change her name to Scottine Sheen, so that's where that comes from.

The planned Nov. 22 wedding would've been Rossi's second and Sheen's fourth. And you really want to make sure she's the one before marriage No. 4.

SHEEN AND ROSSI ARE NOT TYING THE KNOT.
ALL PHOTOS FROM GETTY IMAGES

Bono had health reasons for his fashion choices

We've been making fun of Bono's ever-present massive sunglasses for two decades now, going all the way back to the Zoo TV tour, but it turns out we're all jerks. Congratulations. When asked by Graham Norton during an interview if he ever takes his trademark shades off, the U2 frontman offered this comedy-killing explanation: "This is a good place to explain to people that I've had glaucoma for the last 20 years." See, don't you feel terrible now? But while glaucoma can lead to blindness if not treated, Bono's going to be OK. "I have good treatments and I am going to be fine," he said. The next thing you know, Bono will announce that in the 1980s he had some sort of disfigurement on the back of his neck that required him to grow a power mullet (see inset) and we'll feel bad about making fun of him for that! But we can still make fun of him for forcing an album on all iTunes users, right?

Bono just sold the image so hard that we never even thought there was any other reason for his unusual fashion choices.

LAW LIKES TO LEAVE HIS EXES WITH A LITTLE SOMETHING TO REMEMBER HIM BY.

Jude Law sires baby No. 4

You probably didn't have any doubts about Jude Law's virility, but just in case, the "Sherlock Holmes" star is working hard to put them to rest. "I can confirm that Jude Law and Catherine Harding are expecting a child together in the spring," the actor's rep tells People magazine. And even though Law and Harding "are no longer in a relationship, [they] are both wholeheartedly committed to raising their child." If this all sounds familiar, it's because Law had his current youngest child, 5-year-old Sophia, under similar circumstances, announcing that Samantha Burke was expecting after they'd split up. (Can we call this predicament EX-pecting? If so, you totally heard it here first!) Law also has two children with ex-wife Sadie Frost.

A word of warning to future ex-girlfriends of Law: Ask for clarification before accepting any "going away presents" he might offer.

Talking point

Comic Con turns into a hot mess for former 'Buffy' star

"Buffy the Vampire Slayer" star Nicholas Brendon had a pretty rough weekend — one that ended with his bruised face and bloodshot eyes staring out from a mug shot taken by the Boise, Idaho, police. Brendon was arrested at his hotel in Boise — where he was in town for a Comic Con appearance — for "malicious injury to property" and "resisting or obstructing officers," according to TMZ. He reportedly got in a drunken argument with hotel staff after breaking a decorative dish and then tried to abandon the scene after police arrived. His naively optimistic rep released the following statement: "It would be extremely helpful if we could all put this misunderstanding behind us and focus on more positive things." Extremely helpful to Brandon, I assume. But won't someone think of the decorative dishes?

Brendon isn't smiling quite as broadly in his mug shot.

2 CULTURE

Twitter feed

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

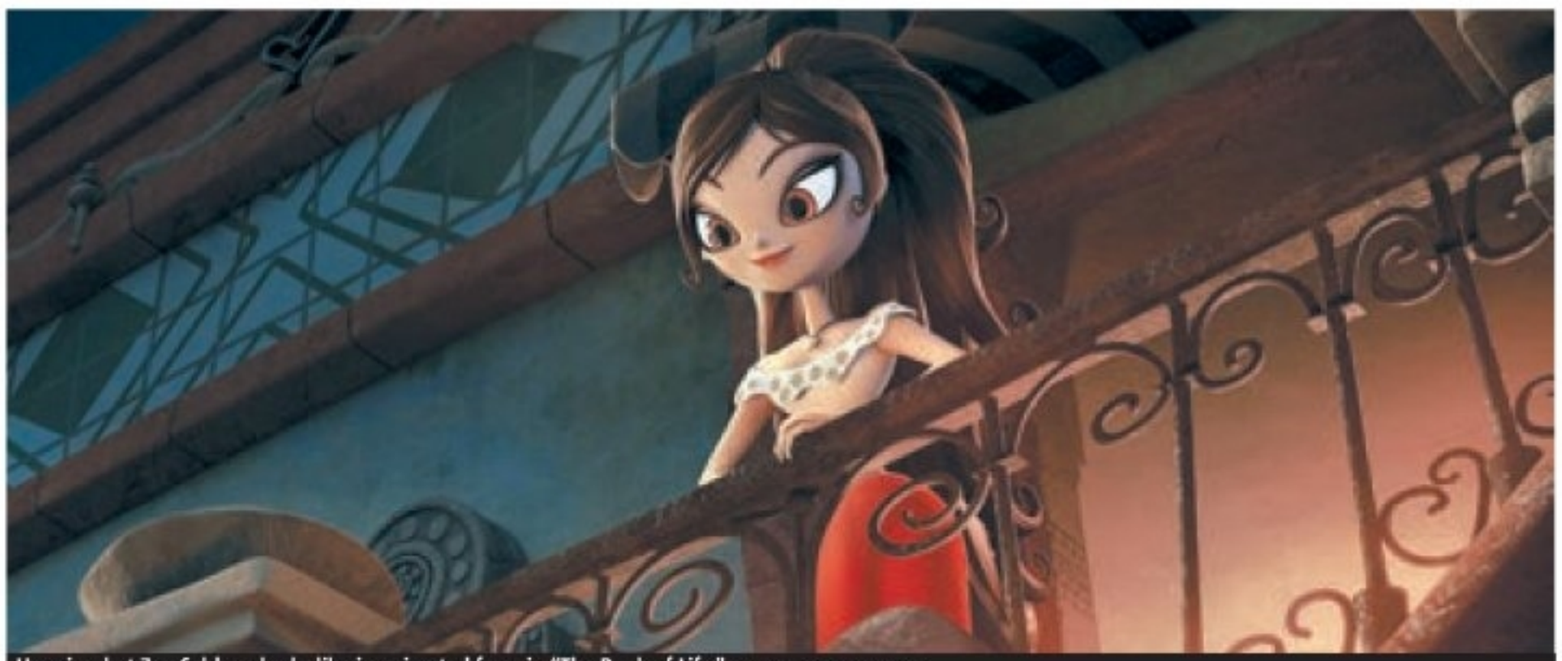
Today, Katy Perry has been shutting nerds down, Lena Dunham is stuffed and Rebel Wilson is feeling overwhelmed.

@katyperry
I love when I meet a person so smart they short circuit during their conversation

@lenadunham
You know when you forget to eat for a few hours, decide that you're above food/people who eat are pathetic, then consume a whole chicken?

@RebelWilson
Who can train for a marathon? I'm currently training to be able to blow dry AND straighten my own hair without having to take a break

Zoe Saldana sings


Here is what Zoe Saldana looks like in animated form in "The Book of Life." / TWENTIETH CENTURY FOX

Interview. The "Book of Life" voice star wouldn't mind becoming a record star some day.

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently that the star of "The Book of Life" could even see herself launching another career. "I keep saying that I wouldn't mind going Platinum in Japan," she says with a laugh.

In "Book of Life," Saldana gives voice to Maria, the feisty girl at the center of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna) and barrel-chested military hero Joaquin (voice of Channing Tatum). Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered. Got all that?

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's "Guardians of the Galaxy," breaking into song didn't feel so strange. "I sang when I shot 'Nina' and I worked vigorously with an amazing voice coach," she says. "So by the time I started doing the sessions for 'Guardians of the Galaxy' and we got to sing, it had been about a year. I just sort of remembered all those things."

What she mostly remembered was telling herself it was OK to add another skill to her résumé, despite whatever reservations she might have had initially. "It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was, and some people would appreciate my shower singing. It was fun."

The film is also a massive celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro. "I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says. "You are dealing with the beauty of a culture that, even though we've been neighbors since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

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Let's get morbid

Having the talk

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea. "It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists. "Even though they understand more than we want them to, we don't accept that, and it's difficult for us to communicate with them. But they're ready to listen. So by bringing this animated film about death, that brings so much peace and purity and color — it's kind of detached because it's about another culture, but you can identify with them through the loss that you probably share or you will at some point, unfortunately. You get to choose a way to cope with it in a way that doesn't have to be heavy or burdened by it."

ZOE SALDANA
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A royal way to celebrate Shakespeare's 450th

Globe Theatre. Joseph Marcell was a butler on "The Fresh Prince of Bel-Air." Now he's a king.

SEE "KING LEAR" THROUGH THURSDAY AT ARTSEMERSON'S PARAMOUNT CENTER MAINSTAGE. TICKETS ARE $25-$79.

ELLIE KURTZ

After more than 400 years, King Lear is still having trouble with his daughters. Bad news for Lear; good for theatergoers.

"It's simple, it's a generational misunderstanding," says Joseph Marcell, who played Geoffrey on "The Fresh Prince of Bel-Air" and now stars in "King Lear." "[Shakespeare] got to the point in his career where everything was distilled to its elemental — to its finest — point."

In the play, Lear is splitting his kingdom among his three daughters, but feels Cordelia, his youngest — and his favorite — hasn't properly paid respect.

"Lear was a warrior king and he raised his daughters in such a way that they were a direct reflection of himself," says Marcell, a native of St. Lucia who moved to England as a child. "The problem with Cordelia ... is that she has Lear's uncompromising fire."

This version comes straight from the source: Shakespeare's Globe Theatre in London, where Marcell is a regular.

"It's the way he essays the human condition," says Marcell of the magic of Shakespeare. "That's what makes it timeless."

What's also become timeless — and universal — is "The Fresh Prince of Bel-Air," which starred Will Smith and ran on NBC from 1990 to '96.

"I was 200 miles from the Syrian boarder in Turkey, I walk down the street to the place the gyro was invented — we went to that little hole-in-the-wall cafe and everyone knew who I was," says Marcell of the reach of "The Fresh Prince." "They were talking, but they couldn't speak English, but they knew who I was. It is a worldwide phenomenon and pure magic."

Now 67, with everything that's changed since then, Marcell still says: "It was one of the most exhilarating moments of my life. [The show] afforded me wonderful arenas to play."

CHRIS JORDAN
@MetroBos
letters@metro.us

Quoted

"It's the way [Shakespeare] essays the human condition. That's what makes it timeless." Marcell

TV watch list

DRAMA

'Jane the Virgin'

Jane has to decide whether or not to sue the doctor who caused her pregnancy, but her decision is complicated when she keeps running into the father, Rafael. **9 P.M., CW**

MOVIE

'The Hunger Games'

Revisit one of the better YA novel adaptations in recent years, and watch Jennifer Lawrence volunteer as tribute once more. **8 P.M., ABC FAMILY**

REALITY

'Dancing with the Stars'

Pitbull steps in as a guest judge and performs. The contestants will dance to his hits and songs he picked. Maybe he'll turn out to be a Streisand fan. **8 P.M., ABC**

DRAMA

'Sleepy Hollow'

This week's monster is the Weeping Lady, but it turns out she might have a connection to Ichabod's past. He's such a heartbreaker. **9 P.M., FOX**

LISA WEIDENFELD

The characters of "Jane the Virgin" spend a lot of time around lockers for people who aren't in high school. / DANNY FELD, THE CW

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The 1-Minute Breath

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- **Hold your breath for 5 seconds.**
- **Release for 5 seconds.**
- **Hold for 5 seconds.**
- **Repeat.**

Zen in the City

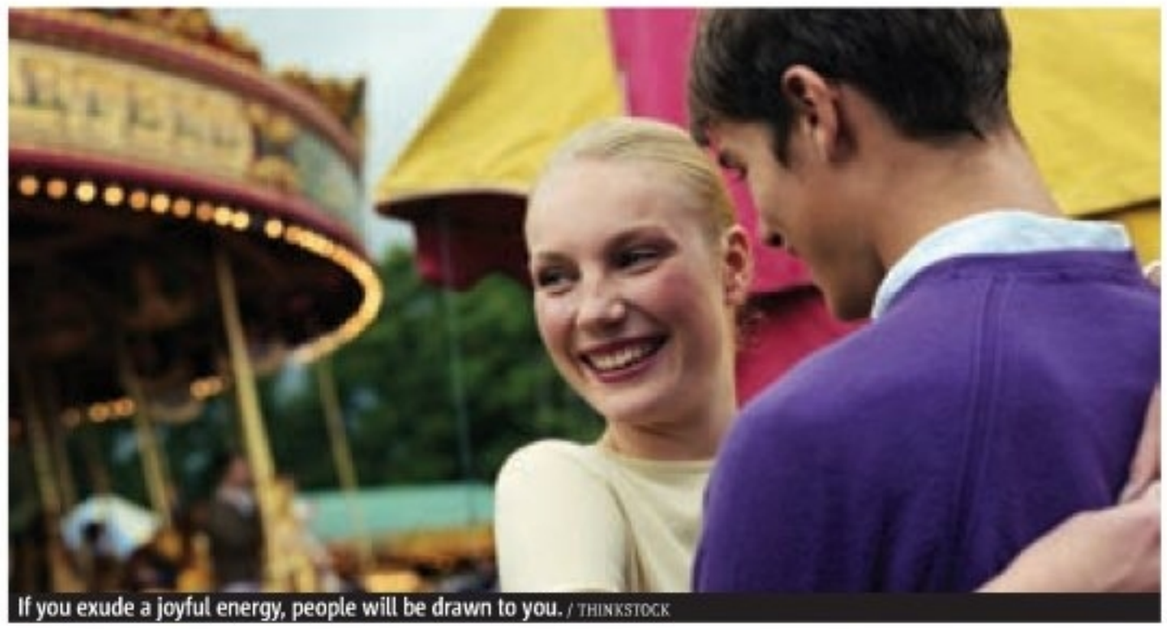
GABRIELLE BERNSTEIN

WWW.GABBYB.TV

Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores now.

THE MOST POPULAR QUESTIONS

For the last decade, I've been writing self-help books and preaching the Gospel of Gabby to audiences around the world. And no matter what country I'm in, these three questions are always coming up, so I decided to bring my answers to you!



If you exude a joyful energy, people will be drawn to you. / THINKSTOCK

"How do I release my fear?"
My response is the same no matter what the person may fear: All of our fears are rooted in the stories we choose to believe. When we get stuck in negative stories ("I don't have enough," "I'm unsafe," "I'm not good enough" and so on), we give them continuous energy to feed on. Begin to heal your fears right now simply by acknowledging them. We tend to put a lot of effort into ignoring our fears; try examining them instead. Upon looking at your fear, say, "I choose to see peace instead." This simple choice shifts your perspective and begins a new pattern.

"How do I attract a romantic partner?"
This question is relevant even if you're attached! Attracting (or keeping) a romantic partner has everything to do with the energy you emit. If you give off a low vibe, you are deflecting romance — your energy basically tells other people to back off. But if you choose to dwell in an energy of joy, you become super attractive. If this feels new and weird to you, start with your interactions with friends, colleagues or even strangers. Share kindness and joy, and see how it changes your everyday encounters.

"How do I meditate?"
People are becoming more and more comfortable with the concept of meditation. Even though we're aware of our stress and anxiety, it can be difficult to see a way out of that mindset. The answer is through meditation. The simplest way to begin a meditation practice is through your breath. You have a minute to spare, right? Try my 1-Minute Breath method (see left), because one minute a day can change your life.

Get more of my advice by tuning in to my upcoming episode of "Help Desk" on the Oprah Winfrey Network on Oct. 26 at 11 a.m.

IN TODAY'S GLOBE

FILL YOUR HEAD WITH FOOTBALL ANALYSIS

UNTIL THERE'S NO ROOM FOR, UM, WHAT WERE WE SAYING?

D1 SCORE. A SPECIAL SECTION OF ALL THINGS PATRIOTS AND NFL. EVERY MONDAY. Sports

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Study. To keep weight off, get plastic surgery

Bariatric surgery can be a lifesaving procedure for severely obese people. But even when done for health reasons, the incidence of regaining weight remains high — unless the patient also undergoes cosmetic surgery, a new study has found.

"Bariatric surgery has a measurably significant positive impact on patient illness and death," lead author Dr. Donna Tepper said in a statement. "However, even with the technical and safety advancements we've seen in these procedures, their long-term success may still be limited by recidivism."

The Henry Ford Health System in Detroit followed 94 patients who had undergone bariatric surgery, which includes various procedures that restrict how much food the stomach can hold, at its facilities between 2003 and 2013.

Of those patients, 47 opted to also undergo body recontouring, which removes excess skin and tissue from the face, breasts, stomach, upper arms, thighs or buttocks, following their surgery.

These patients were able to maintain "significantly greater" weight loss, with an average decrease in Body Mass Index of 18.24 over 2.5 years, compared to 12.45 for those who did not have further surgery, according to Tepper.

"We are encouraged by the idea that improved body image can translate into better long-term maintenance of a healthier weight," Tepper said.

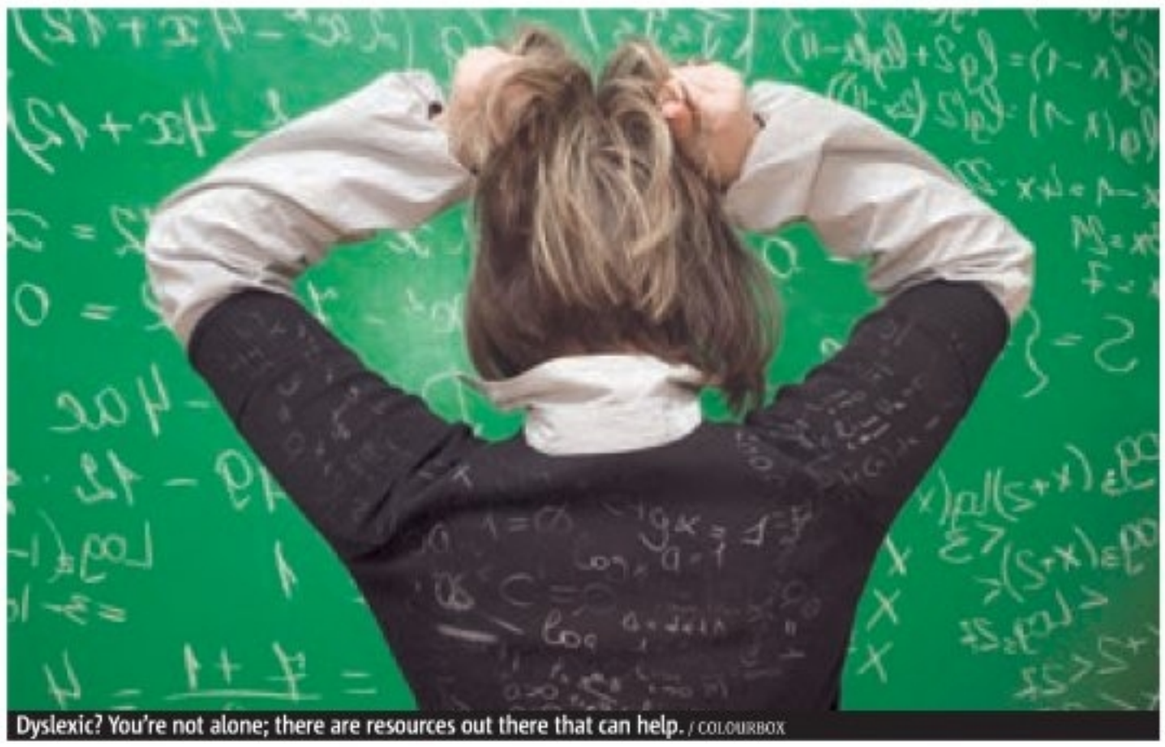
EVA KIS

Feeling confident about your post-surgery body can help you maintain your weight-loss goals. / THINKSTOCK

By the numbers

18.24

Decrease in Body Mass Index for patients who underwent body contouring after bariatric surgery, versus 12.45 for patients who didn't undergo the surgery


Dyslexic? You're not alone; there are resources out there that can help. / COLOURBOX

The dyslexic student's guide to college

Accommodations.
Doing some homework is essential to thriving as an undergrad with special learning needs.

Looking at colleges is stressful for almost all students, but for those with dyslexia the process can be filled with unique challenges.

Dyslexia, a learning disorder that makes it difficult for students to read, is still often misunderstood by many teachers and school administrators.

"Our brains are wired to speak and to learn language," says Ben Shifrin, head of the Jemicy School in Maryland and an Executive Board member of the International Dyslexia Association. "Reading is something that was created by humans, and it is not natural for some people."

Shifrin, who is dyslexic himself, notes that students with the condition are often very good at seeing the big picture and thinking creatively. Stereotypes about the condition can lead some people to overlook those skills. "A lot of times, people think dyslexics are not bright or not smart," says Shifrin. "It frustrates me."

In addition to being the height of college application season, October is also Dyslexia Awareness Month. We talked to Shifrin about the best ways for students with dyslexia to go about evaluating schools.

Ben Shifrin / PROVIDED

Ask the important questions

It's important for dyslexic students to talk to admissions officers about the accommodations they need if they enroll. "You should say something like, 'I want to make sure that the university will give me extra time for exams or will allow me to have books on tape,'" says Shifrin. It's important to note that not all students will need the same things.

Talk to future peers

Once you meet with the admissions office, high schoolers can also ask if they can be introduced to some currently enrolled students who also have dyslexia. It's always best to go straight to the source and ask about how they find their classes and general experiences. "I see sometimes when schools promise stuff and it doesn't happen," says Shifrin.

Speak up

Don't be afraid to ask for support

A key part of college for any student is to develop ways to advocate for yourself. "Students need to become their own person," says Shifrin. "They can't expect their mom or teachers to do it for them."

Get to know your professors

When students do decide on a college and begin classes, Shifrin urges students with dyslexia to introduce themselves to all of their instructors, even in large lecture classes. Explaining your condition to a professor can go a long way.

Make a study schedule

Time management is hard for most people in college, and Shifrin says it's a skill for dyslexics in particular to work on because coursework takes a considerable amount of time. "One thing former students have told me that works is to literally make a written schedule," he says. "They can then review what their goals are to accomplish for that day."

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lakshmi.gandhi@metro.us

Classes

A new report looks at what students are learning

As a bachelor's degree becomes more expensive than ever, one new report is criticizing colleges for the content of those pricey educations.

The American Council of Trustees and Alumni recently released "What Will They Learn?" — its annual report looking at what students are actually learning in class. After examining the courses offered at 1,098 colleges and universities, the council found that only a little over 3 percent of schools require students to take an economics class and less than 20 percent of them had a history or U.S. government requirement.

"One wonders what tuition and tax dollars are going toward when most colleges — even public ones — don't require basic economics, foreign language, American history or even literature," says Dr. Michael Poliakoff, director of the "What Will They Learn?" project in a statement. "Are we really preparing our nation's next generation of leaders when our colleges are failing to ensure the most basic skills and knowledge?"

Colleges and universities are not required to make students take any specific classes. "But the goal [of a liberal arts education] has always been the same: Imparting the skills and knowledge needed for success in career and community and the ability to understand and appreciate the human condition," the authors write.

LAKSHMI GANDHI

Odds are these students aren't studying economics. / DIGITAL VISION

By the numbers

Here are some of the things researchers discovered while looking at course catalogs:

At public universities:

28%
Require American history

3%
Require economics

Reinventing office spaces for the 21st-century worker

Forget cubicles and stuffy offices. Businesses and independent freelancers are now changing the way they work.

If you're self-employed or work mostly alone, you know how hard it can be to get motivated. A day planned to be productive can turn into sleeping in, getting sidetracked by Buzzfeed, then going to the gym because you feel too cooped up.

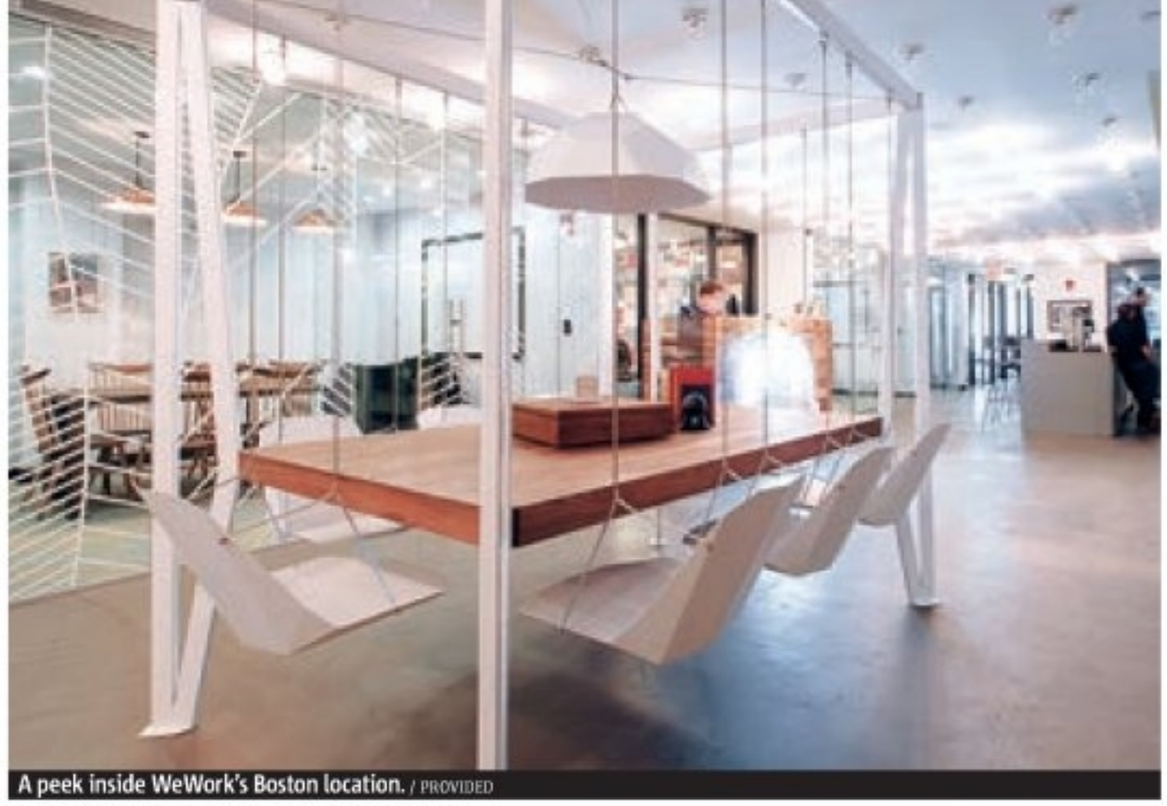
A solution to this problem is quickly emerging in rentable workspaces that are not only designed to spark creativity but also serve as a place to form business connections. And it's not just bloggers who are taking advantage. Businesses are renting spaces out, too.

For Makeshift Society, which has locations in Brooklyn and San Francisco, the emphasis on connecting people and helping their businesses grow is especially strong. "When people join, we take the time to find out what they do and what they're working on, and we'll say, 'Oh, you should meet so-and-so.' … Having things like a communal kitchen, open workspaces and mixers connects people without it being a 'networking event,'" says co-founder Bryan Boyer. Makeshift Society has regular events and classes where topics range from typography to making working-for-yourself actually work.

While Makeshift Society has more of an industrial vibe, NeueHouse, located in New York City and soon Los Angeles, has a more chic, polished feel. The six-story space has an industrial-chic feel, with a full restaurant on the ground floor, open tables and plenty of private conference rooms. Some of its 1,000 members choose just to only access the main floor ($600 per month), while others rent a permanent space upstairs (roughly $1,400 per month).

Magazines Monocle and Surface have both made NeuHouse their home base. With a concierge to check in clients, reserve conference rooms and arrange meetings, hospitality is paramount here.

This massive growth shows just how much the definitions of "work" and "office" are changing. Millennials are hungry to do what they are passionate about and aren't just settling for a steady, good paying job. The way we work is changing, which means where we work is bound to keep changing, too.



A peek inside WeWork's Boston location. / PROVIDED

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

One of the first

WeWork

With 26 locations worldwide (12 of which are in New York City) and 14,000 members, WeWork is truly on the forefront of this movement. Founding partner Rebekah Paltrow Neumann tells us the three components that make up the WeWork platform are space, community and services. Unlike other members-only workspaces, WeWork offers health insurance and back-end tech support. And they've found it isn't just startups taking advantage of their locations, workshops and other perks — like the WeWork app, that connects people who are looking for help with, say, WordPress. Global companies, like Reddit, rent out WeWork space as their satellite offices.

WeWork's platform is threefold: space, community and services. / PROVIDED

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Get your facts straight and your paperwork in order before dealing with institutions. A creative solution to a professional challenge will improve your chances of advancement.

♏ Scorpio | Oct. 23-Nov. 21. Greater freedom will be yours if you ask for help. You will get a good response from people who are in a position to influence your future.

♐ Sagittarius | Nov. 22-Dec. 21. Consider the consequences before taking action. Ignoring problems will only make matters worse. Not everyone will play by the rules, so make preparations.

♑ Capricorn | Dec. 22-Jan. 20. An opportunity to travel should not be missed. You have a lot to learn, but you must be willing to listen to others. Incorporate new skills and knowledge into your job performance.

♒ Aquarius | Jan. 21-Feb. 18. You need to have a serious discussion with a loved one. The time is right to discuss the future and the pros and cons of moving in a new direction.

♓ Pisces | Feb. 19-March 20. Money is headed your way. Now is the time to make a lasting impression. You will be hard to resist, so let everyone know what you want and expect.

♈ Aries | March 21-April 20. Consider all of the options available to you. Think about altering your location or lifestyle to get the most out of an opportunity. Change can be beneficial if you move quickly.

♉ Taurus | April 21-May 21. Love is in the stars. If something is important to you, see to the arrangements yourself. Waiting for someone else will be a waste of time.

♊ Gemini | May 22-June 20. Your strengths and weaknesses will be tested. It may seem that you are meeting opposition at every turn — but with persistence, you'll come out ahead.

♋ Cancer | June 21-July 22. Communication is your strength. Group discussions with people from different backgrounds will give you greater insight and ideas that you can utilize in your personal projects.

♌ Leo | July 23-Aug. 22. Whether you need to collect money or pay someone back, it's time to deal with such matters. If your life is not going the way you envisioned, determine what's required to improve it.

♍ Virgo | Aug. 23-Sept. 22. Don't neglect your responsibilities. If things have become unsettled, consider what contributed to your current position and the best way to turn things around. EUGENIA LAST

Letters

Ebola hysteria misplaced

Re: 'Ebola in the CDC's basement' (Metro, Oct. 17-19) Not Tom Foreman, too! His usually balanced, non-political take on things has succumbed to the who's-doing-what-wrong about Ebola.

When he criticized the CDC for implying that the "chances of Ebola spreading were virtually nil," he implies that it is infecting people left and right. Yet how many people were on the plane and other public places with the two people who flew while infected with Ebola, probably sitting, walking or standing right next to them? How many of them are sick? None. The people who literally had the closest possible contact with the sick man, who were cleaning up vomit and other bodily fluids, got sick.

That is what the CDC and other non-government health officials were saying from the beginning. This disease is racking Africa, and all anybody can think about is how poorly we're handling two cases — two — out of about 9,000 in Africa.

ANNIE FERRIS, VIA EMAIL

Orlando column a good read

Re: 'An open letter to FSU's Jameis Winston' (Metro, Oct. 17-19) Charles Orlando's recent column was articulate, poignant and very much needed. I implore you to designate Metro's pages to worthy writers such as him — not to arrogant, self-promoting individuals such as Timothy Sykes (who, by the way, should refrain from spouting hot air around Ebola).

KATHARINE C. SEIM, VIA EMAIL

Ebola, election not related

Re: 'Ebola facts will have to wait until after election' (Metro, Oct. 17-19) Letter writer Kevin Metz seems to believe that whoever wins the Senate will make a difference in the Ebola crisis; unfortunately, this is not true. How can an election have anything to do with a virus? GERALD LARKE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

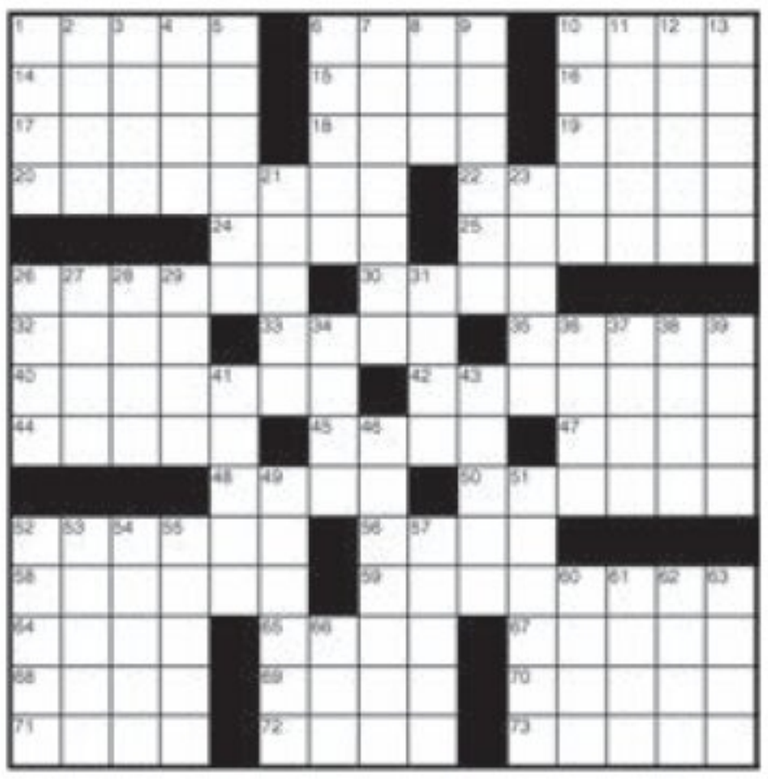
Sudoku: Easy and hard

4	3				6			1
				7	3			
	5	2				7		
3	2			4	1			6
	1						2	
8			7	3			5	4
		9				6	3	
			2	8				
5			3				8	9

2	6		5	1			4	
	3	7	4					
					6			
6			2				3	
4		2	7	6	3	1		5
	7				9			2
			6					
					4	3	1	
	2			5	1		6	4

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

1 Diver's gear
6 Double dates
10 Blackjack
14 Wedding site
15 Mellow-toned
16 Livy's year
17 Social asset
18 Kitty starter
19 Madonna ex
20 Dazzling
22 Slow down
24 Alice's chronicler
25 Saffron dish
26 Maria Conchita —
30 Have on
32 Las Vegas alternative
33 Scholarly org.
35 Generously
40 Meddle
42 Freud's homeland
44 Some camera lenses
45 Dog team command
47 Pack down
48 Hula- —
50 Battery terminals
52 Less cloudy
56 Rainbow band
58 Duds
59 Enjoyed greatly
64 New driver, maybe
65 Blade or needle
67 Tour giver
68 Drones
69 Foul mood
70 Yard enclosure
71 Basilica area
72 Swirling water
73 Fiery horse

Down

1 Exhausts
2 Hoofbeat
3 Mo. expense
4 Pedestal
5 Ice hockey locales
6 Nature walk
7 Skylights
8 Autumn mo.
9 Tenzing Norgay, notably
10 Hindu stratum
11 NBA's Shaquille —
12 Show teeth
13 GM competitor
21 R2D2 or C-3P0
23 Pulls down
26 Calif. neighbor
27 Late-night Jay
28 Not fooled
29 Average
31 Depot info
34 Verne skipper
36 Dog in "Beetle Bailey"
37 Wire nail
38 Cement component
39 Barks shrilly
41 Flashlight carrier
43 Mover's rental (hyph.)
46 Scold
49 Familiar threat (2 wds.)
51 Whinnies
52 Earl "—" Hines
53 Polished off (2 wds.)
54 Elements of a list
55 Car-wash step
57 Southpaw
60 Bird-feeder treat
61 Go to earth
62 Perimeter
63 Legal document
66 Conclusion

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Weekend's answer

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3 SPORTS

NFL

Seahawks wanted Thomas in trade

The Seattle Seahawks pulled off something close to an NFL blockbuster this past weekend as they dealt wide receiver Percy Harvin to the New York Jets in exchange for a conditional draft pick. But the partnering with the Jets in a deal wasn't Seattle's first choice, according to a Sunday ESPN report. The Seahawks reportedly eyed Denver tight end Julius Thomas in exchange for Harvin. The Broncos were not interested despite the fact that Thomas is set to become a free agent at the end of the season.

Visit **Metro.us** to see the latest Top 25 college football rankings.

NHL power rankings | by Rich Slate

No. 1

Sharks (4-0-1)

These early rankings are based on the present, and no team has gotten off to a better start. San Jose has nine points in unbeaten in regulation and has an NHL-best plus-9 goal differential. Their record is even more impressive when you consider that they've played at home just once.

No. 2

Canadiens (5-0-1)

The Canadiens' goal-differential is a little misleading because of one terrible, 7-1 loss in Tampa Bay. But they have an NHL-best 10 points.

No. 3

Blackhawks (3-0-1)

The Blackhawks have only allowed seven goals so far. Captain Jonathan Toews' short-handed goal on Saturday helped them beat Nashville, 2-1, in overtime.

No. 4

Kings (3-1-1)

The champs are on a roll, having won their last three. Their defense is still air tight, having allowed just nine goals on the season.

No. 5

Ducks (4-1-0)

The Ducks are tied with the Sens for the top current win streak at four games. They are already 3-1-0 away from the Honda Center.

No. 6

Lightning (3-1-1)

With a healthy Ben Bishop (3-0-1, 1.71 GAA) and Steven Stamkos (five goals, two assists), Tampa Bay looks like a contender.

No. 7

Islanders (4-1-0)

The most pleasant surprise in the early-going has been the Islanders. They are tied with the Canadiens and Kings for the most goals scored so far, with 20.

No. 8

Capitals (3-0-2)

The Caps appear to be a different team under head coach Barry Trotz. Alex Ovechkin (five goals) is even playing defense!

No. 9

Predators (3-0-2)

Pekka Rinne (3-0-1, one shutout, 1.22 goals against average, .948 save percentage) has been dominant in net as he's finally healthy.

No. 10

Senators (4-1-0)

The Atlantic division is top-heavy, with good teams like the Senators being able to beat up on the likes of Florida and Buffalo.

No. 11

Penguins (3-1-0)

Sidney Crosby (four goals, five assists) is still the best player in the NHL. Patric Hornqvist (four goals, four assists) hit the lottery for a forward: going from Nashville to Pittsburgh.

No. 12

Wild (2-1-0)

They've looked solid with a goal-differential of plus-7. Zach Parise (two goals, two assists, plus-5, 21 shots) is off to a hot start.

No. 13

Red Wings (3-1-1)

The Red Wings are off to a fine start, but goaltender Jimmy Howard's uncertain status with a groin injury leaves some worry.

No. 14

Canucks (3-1-0)

It's hard to buy the Canucks as legit just yet, but they are playing well overall — Saturday's 4-2 loss to Tampa Bay notwithstanding.

No. 15

Jackets (3-2-0)

With all of their injuries and Ryan Johansen's return right before the season started, it's somewhat surprising to see Columbus off to a decent start to the season.

No. 16

Bruins (3-4-0)

They never replaced Jarome Iginla, the trade of Johnny Boychuk was questionable and their offense has really stumbled out of the gate.

No. 17

Stars (2-1-2)

Nothing has changed in regard to Dallas being the most exciting team in the NHL. Tyler Seguin is thriving, with eight points so far this season.

No. 18

Blues (2-1-1)

Another good team that is off to a misleading start. The Blues have a goal differential of plus-6, which was helped with their 6-1 win over Phoenix.

NICOLAUS CZARNECKI, METRO

The 50th Head of the Charles Regatta

Rowers took to the Charles River on Sunday in the 50th Head of the Charles Regatta. The event is the largest two-day rowing event in the world and saw over 9,000 athletes participate this past weekend in Boston. Some local winners from the weekend included Genevra Stone, the women's singles champion, and Andrew Campbell, the men's singles champion. Both were rowing for the Cambridge Boat Club. METRO

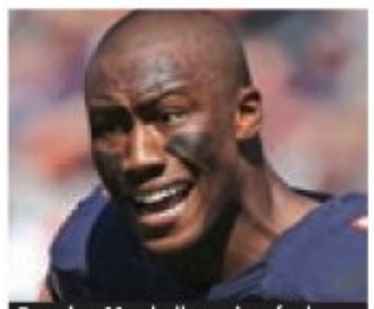
NFL. Pats begin prep for disgruntled Bears team

The Patriots (5-2) may be catching the Bears (3-4) at the right time, as there was plenty of infighting in Chicago Sunday.

After the Bears fell to Miami, 27-14, at Soldier Field Sunday, "yelling" could be heard outside the double doors of the Bears locker room and, according to an ESPN source, wide receiver Brandon Marshall called out quarterback Jay Cutler. The ESPN report also said it was believed that Marshall voiced his frustration with kicker Robbie Gould.

Bears guard Kyle Long took some jabs at the Chicago fan base, which booed the Bears as it came off the field at halftime.

"As somebody who is blood, sweat and tears like the other guys in this locker room and the coaches, the trainers, the staff, the equipment guys, to be getting booed at home when you're walking off the field down two possessions is unacceptable," Long told the Chicago Tribune. "Especially when there is not a lot of noise being made on third down. Period." MATT BURKE



Brandon Marshall was in a foul mood Sunday. / GETTY IMAGES

Rams running back Benny Cunningham finds the end zone in the second quarter Sunday in St. Louis. / GETTY IMAGES

Rams pull upset, Colts slam Cincy

NFL roundup. The Seahawks and Bengals are suddenly struggling.

The Rams used a fake punt late in the fourth quarter to help seal a 28-26 upet victory over the Seahawks on Sunday in St. Louis. St. Louis (2-4) held a 21-3 lead over the defending Super Bowl champs in the second quarter thanks, in large part, to Stedman Bailey's 90-yard punt return. Seattle would mount a comeback, but Lance Kendricks' four-yard touchdown reception from Austin Davis with 5:36 remaining stunted the Seahawks' efforts. The Seahawks fell to 3-3.

Colts 27, Bengals 0
The Bengals (3-2-1) are officially in a funk, having not won since Week 3. Their offense was particularly futile in Indy Sunday as Andy Dalton threw for just 126 yards and the tandem of Giovani Bernard and Jeremy Hill rushed for just 32 yards on the ground. T.Y. Hilton had his second straight 100-yard receiving day, catching seven balls for 107 yards, and the Colts are now 5-2.

Lions 24, Saints 23
Matthew Stafford threw touchdown passes to Golden Tate and Corey Fuller in the final 3:38 as Detroit (5-2) rallied to stun New Orleans (2-4). Two Shayne Graham fourth quarter field goals had the Saints up 23-10 late in the fourth quarter before the collapse.

Ravens 29, Falcons 7
The Ravens (5-2) have looked like the top team in football the past two weeks, with a pair of blowout wins. Baltimore's defense stole the show against Atlanta (2-5) as Pernell McPhee and Elvis Dumervil each sacked Matt Ryan twice. The Falcons mustered just 68 yards on the ground.

MATT BURKE
@BurkeMetroBos
matthew.burke@metro.us

Around the NFL

A glance at scores from Sunday:

- **Redskins 19, Titans 17**
  Colt McCoy's first pass was a 70-yard touchdown to Pierre Garcon.
- **Jaguars 24, Browns 6**
  Brian Hoyer struggled to find any rhythm as he completed just 16-of-41 passes.
- **Bills 17, Vikings 16**
  Sammy Watkins caught nine balls for 122 yards.
- **Dolphins 27, Bears 14**
  Ryan Tannehill hit on 25-of-32 passes for 277 yards.
- **Packers 38, Panthers 17**
  Randall Cobb grabbed 121 yards of receiving.
- **Cowboys 31, Giants 21**
  DeMarco Murray made NFL history with his seventh straight 100-yard rushing day to start a season.

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